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>escape and find: **a clutter-free heart**

# how spring to your clean love life

by Blaire Allison

Only so many episodes of *The Bachelor* will fit on the DVR. When the yellow light appears on the dashboard, there are a finite number of miles that can be driven before you're in trouble. And whether we like it or not, when it comes to romantic real estate, our hearts do not have an endless roster of lots up for grabs. As the Love Guru, I've come to realize that the journey to attracting love begins with a clutter-free heart. Here's how you can achieve that goal while spring is in the air... just in time for summer romance to heat up.





## 3 Steps to a Clutter-free Heart

### 1. Start at Home. Instead of signing onto some internet dating site, begin your quest for love by eliminating the clutter in your home.

What does cleaning out your living space have to do with attracting love? Many people go for years, moving from one relationship to the next, gathering love "junk" along the way. All this clutter builds up and makes attracting a relationship either impossible or much harder. Clearing your clutter is really the first step in manifesting anything good in your life! This is at least a full day's work. Go through your home and gather items that have had love karma. This includes clothing, jewelry, books, artwork, etc. that has any connection to a past relationship. I look for obvious belongings that have to do with past lovers or anything that invokes their memories. (The lingerie you've been saving from that cruise five years ago with what's-his-name clearly needs to be tossed.) Things I bought with old boyfriends, souvenirs from shared journeys, sentimental ticket stubs or napkins from a favorite restaurant, etc. — I take all of it and get rid of it!

As I go room-to-room on a love-clutter removal mission, I also take time to rearrange my furniture, paintings and knick-knacks. Doing this brings fresh, new energy into my home. I open the windows, wave my arms and send out the old energy.

### 2. Make it Personal. This isn't just about past loves. It's also about self-renewal.

Make this a complete cleansing by tossing aside any items that are dragging you down in your every day living. Attack your closets and throw out the old, worn, torn or never worn! I throw out anything that no longer represents how I define myself; our closets should only contain items that clearly state who we are and where we are going in life.

### 3. Eliminate mind clutter too. Once the physical trail has been erased, it's time to tackle the obstacle course in your mind.

A lot of women are in denial about this self-deprecating mental vault of love stress. But the truth is that with every relationship, we gain life experiences and life lessons. Along with all the wonderful experiences and lessons, we also pick up a large dose of heartache, hurt and pain, which we ... gather... store... and drag into every future relationship.

This love clutter gathers whether you were in a good relationship or a bad one. No relationship is perfect. The "gunkiness" builds up with each fight you have with your partner, with each disappointment, with each frustration, with each feeling of anger and with each bout of sadness. It all builds up — and prevents your love life from blooming. This happens

whether the relationship is going well, went well, or even if it ended on a good note. There's always clutter to clear out.

Clearing out mental clutter begins with awareness. Become constantly aware of your thoughts and train yourself to focus on positive, loving scenarios, rather than negative, heartbreaking ones. Catch yourself when you start reliving every detail of the last fight you had with your partner. Don't dwell on the past when you should be thinking uplifting thoughts about the future and envisioning the loving relationship you desire.

There are some people who believe photo albums are sacred, historic collections of life's memories. But to me, they are simply objects that keep you stuck in the past. They can even dampen ongoing, positive relationships. Let's say you're in a decent relationship that needs freshening up. If you're looking to bring in more passion, more love, more excitement, get rid of anything that has a "bad" memory associated with it.

For example, have you ever been on a romantic vacation when the two of you ended up fighting the whole time? During that same vacation you took pictures and tried to put on a "happy face" to try to create some good memories from the trip. Unless you want those bad memories to keep haunting you and your relationship, those photos need to be sent on their own vacation — to the trashcan. Not having them around will help both of you move on from the fight, you'll create room for forgiveness, and letting go of negative memories will allow the healing process to flourish in your hearts. It will also create space for new, happy memories.

*But these are my memories! Our time together wasn't all bad,* you may think. Okay, so you don't want to forget about the good times you had with your ex or current lover. It's understandable that you don't want to erase certain periods of your life, but just know that your mind will never forget the good. Instead, all that clutter that you're keeping around will ensure that you'll never forget the bad either.

Clutter holds you down. It sucks up your energy. It affects your energy flow. It drains your happiness and delays the good things in your life from coming in.

I hear you asking, *How can giving away my ex's things, throwing away his love letters, getting rid of photos we took... How can that give me more energy and bring more good things to help make my dreams come true?*

Quite simply, it's how the Universe works. When you remove things, throw them out, clean up your space, organize your clutter, get rid of what you no longer love and cherish, eliminate items that bring your energy down rather than making you happy... the Universe wants to reward you by filling the freshly found space with something (or someone) good!

This could be more money, more happiness, more





## >escape and find: a clutter-free heart

opportunities; anything your heart desires... because the truth is the Universe doesn't like voids or empty spaces.

When you throw out an ex's love notes, photos, and delete his numbers it tells the Universe that you are ready to move on, that you are confident, excited, and full of faith that it will provide someone new to fill your heart! De-cluttering your love life is an act of love, trust and hopefulness. When you hold onto these items it sends the opposite message. It says that you are stuck in the past, that you are fearful that you'll never have those experiences again, that you are afraid that you won't attract anything better, and that you are stuck. Holding onto old "stuff" is an act of fear and worry.

So this year, if you are truly ready for a fresh relationship in your life, one filled with passion and romance — and one that is void of struggle and drama — don't just clean out your home with the typical spring cleaning routine, dig deeper and clean out your love life! The next man who enters may very well be "the one."

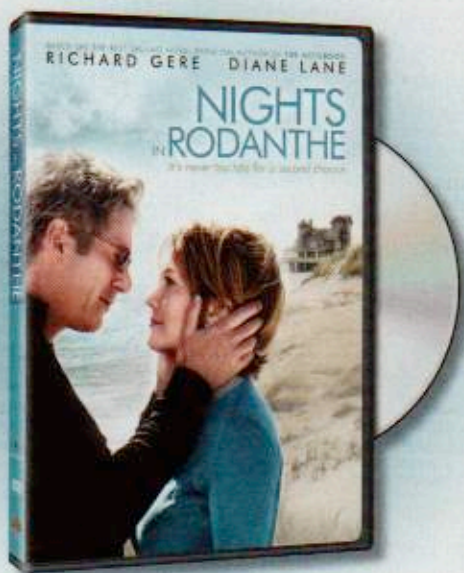
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## 3 ways to say adios to an ex:

1. Go through old photo albums and throw out pictures of you and your ex.
2. Delete past lovers' cell phone numbers, text messages, e-mails and destroy your love letters.
3. Give away, donate or sell old clothing that you wore with past lovers. Definitely get new underwear and pajamas!

About Blaire Allison, the Love Guru: Blaire teaches an easier, more natural way to attract love that she calls "The Spiritual Way To Attract The One." She's been featured in The New York Times and on MSNBC. Find out more at [www.loveguru.net](http://www.loveguru.net)

## Nights in Rodanthe



Richard Gere is Paul, a surgeon who long ago unwittingly traded family for career. Diane Lane is Adrienne, a devoted mother trying to move on after her husband's infidelity. The stars of *Unfaithful* rekindle their screen chemistry in this rich tale of hearts awakenings from the bestseller by Nicholas Sparks (*The Notebook*, *Message in a Bottle*).

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## He's Just Not That Into You



Remember that really cute guy who said he'd call...and didn't? Maybe *He's Just Not That Into You*. An all-star cast looks for love and finds laughs in this savvy, sexy, right-now romcom. *He's Just Not That Into You* sparkles with zingy aha moments any survivor of the dating wars will recognize. See it with someone you'd like to love.

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# new faces



## >Blaire Allison

We are so excited to welcome the self-titled Love Guru, Blaire Allison, to the pages of *travelgirl*. She is an expert in the art of love and is ready to share her lessons with the world. Her own search for love started in 2004 when she set up a website proclaiming, "I'm Ready To Get Married — Do You Know My Husband?" After a long learning process, she established a unique way of

attracting a soul mate, and continues to help others on their love journeys. Through personal seminars, Blaire coaches the emotionally inept through her plan, "The Spiritual Way To Attract The One" which follows new and refreshing ways to find love. *The New York Times*, *The Montel Williams Show*, *Glamour*, *Inside Edition*, *MSNBC*, *CNN*, and *The Los Angeles Times* are a few of the media outlets that have recognized Blaire's techniques. She has devoted her life to the quest for love, and she can help you clean up your love life on page 46.

## >Karen Harbour

Here's a travelgirl hailing from Colorado who's just our cup of tea. Karen Harbour is full of suggestions that will keep you sipping all day long. She is the co-founder of The Tea Spot, a company dedicated to spreading herbal love through loose leaf tea. Karen battled an eating disorder for almost two decades,



but by implementing specific teas into her daily regimen, she arrived at the balance that she missed for so long. Her ability to serve as the director of new business development, head of public relations and executive Tea Spot chef speaks to the power that tea has infused into her lifestyle. Whether she is traveling to one of her favorite places such as Santiago de Compostela, Spain or back at home in Boulder, Colorado with her husband Jon (and their two dogs Hector and Rudy), Karen finds and shares her zen through tea. On page 49, she can help you find yours!

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